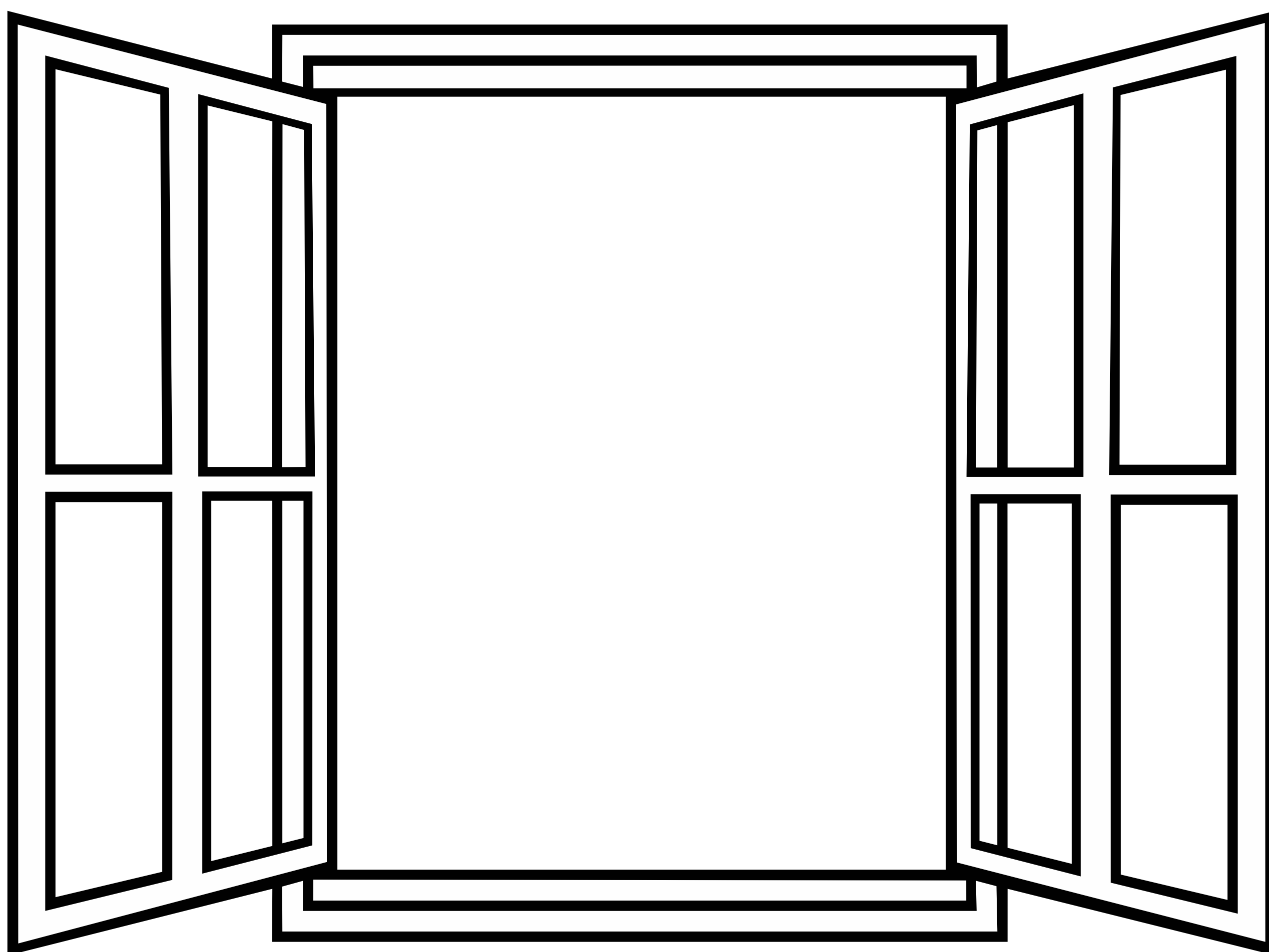


7 Windows of the self

A short guide for emotional journaling and awareness.

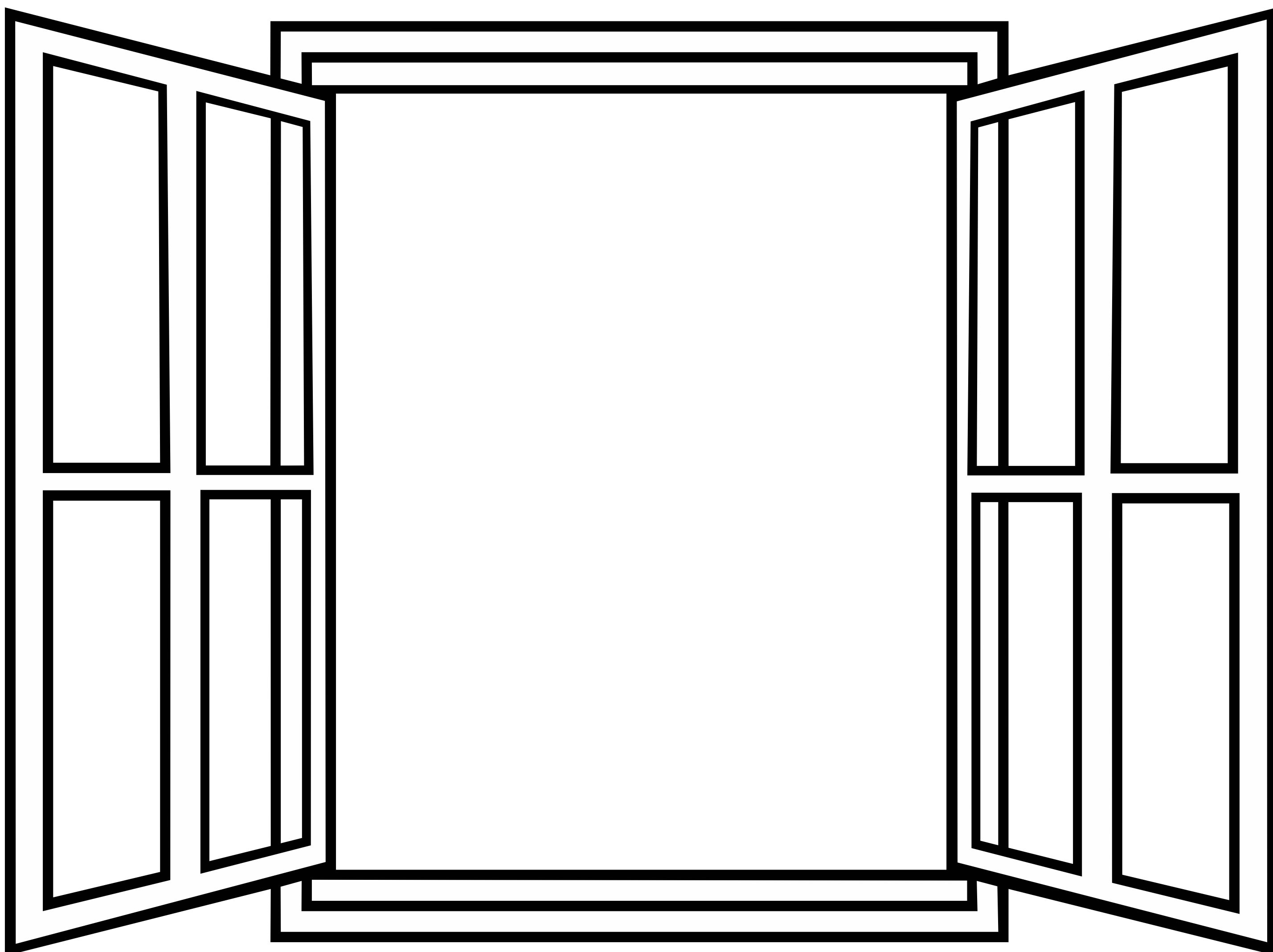
Tip: print these pages and note inside the window frame what you feel, where you feel, how it would look like or any memories that come to the surface



7 Windows of the self

1. *Window of Silence*

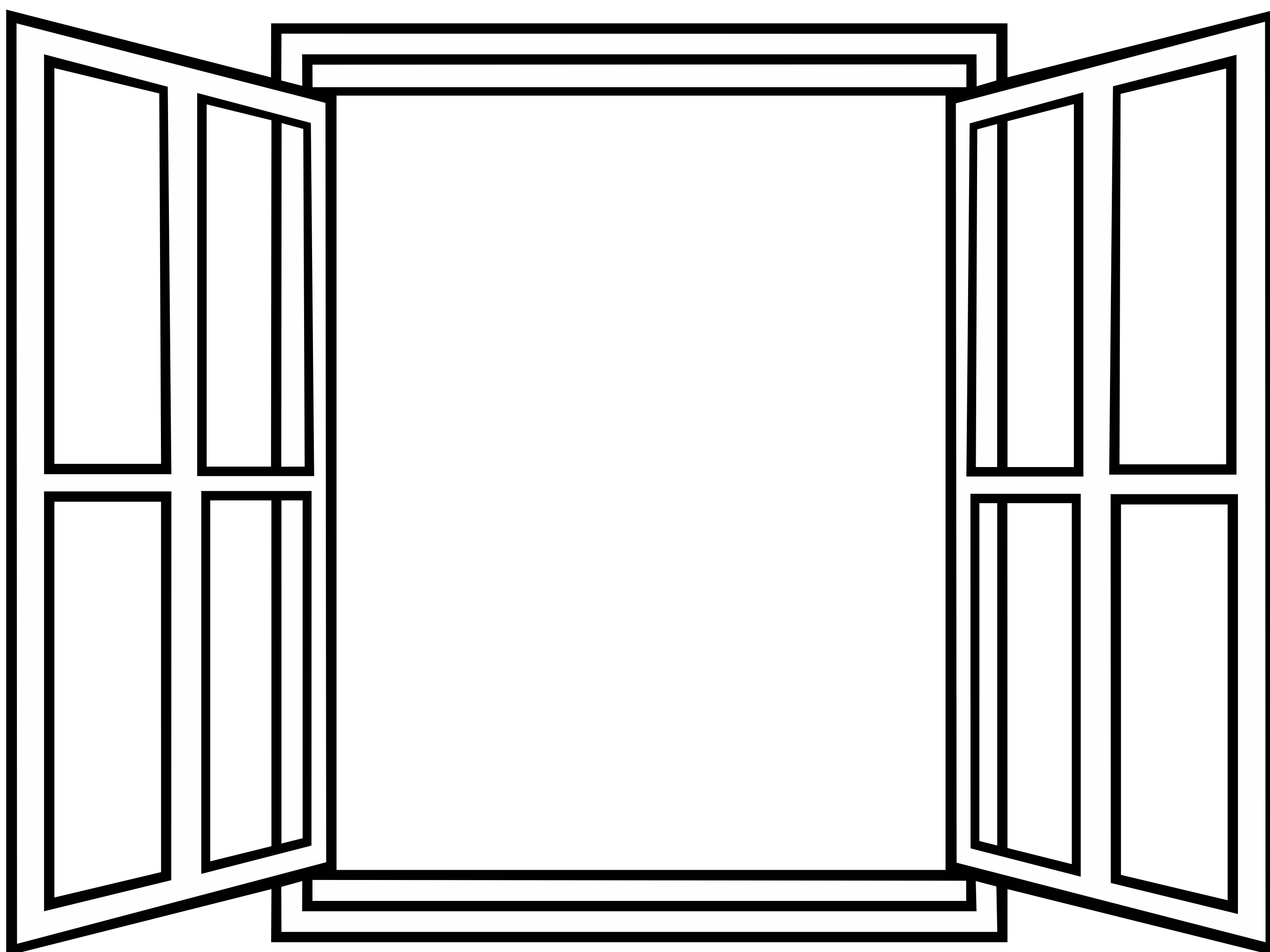
What do you hear when nothing asks for your attention?



7 Windows of the self

2. *Window of Memory*

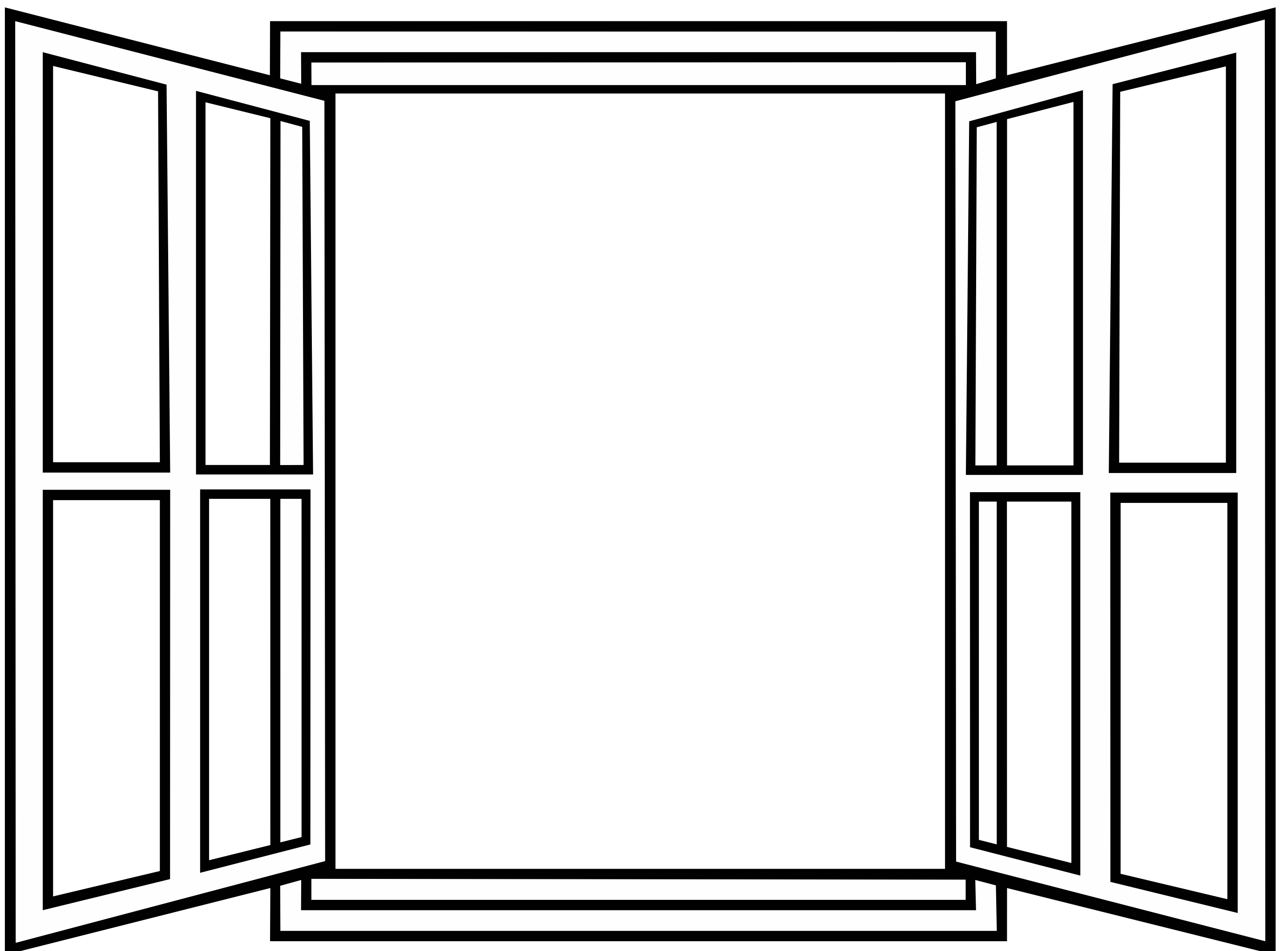
A place or moment that still lives inside you.



7 Windows of the self

3. *Window of Fear*

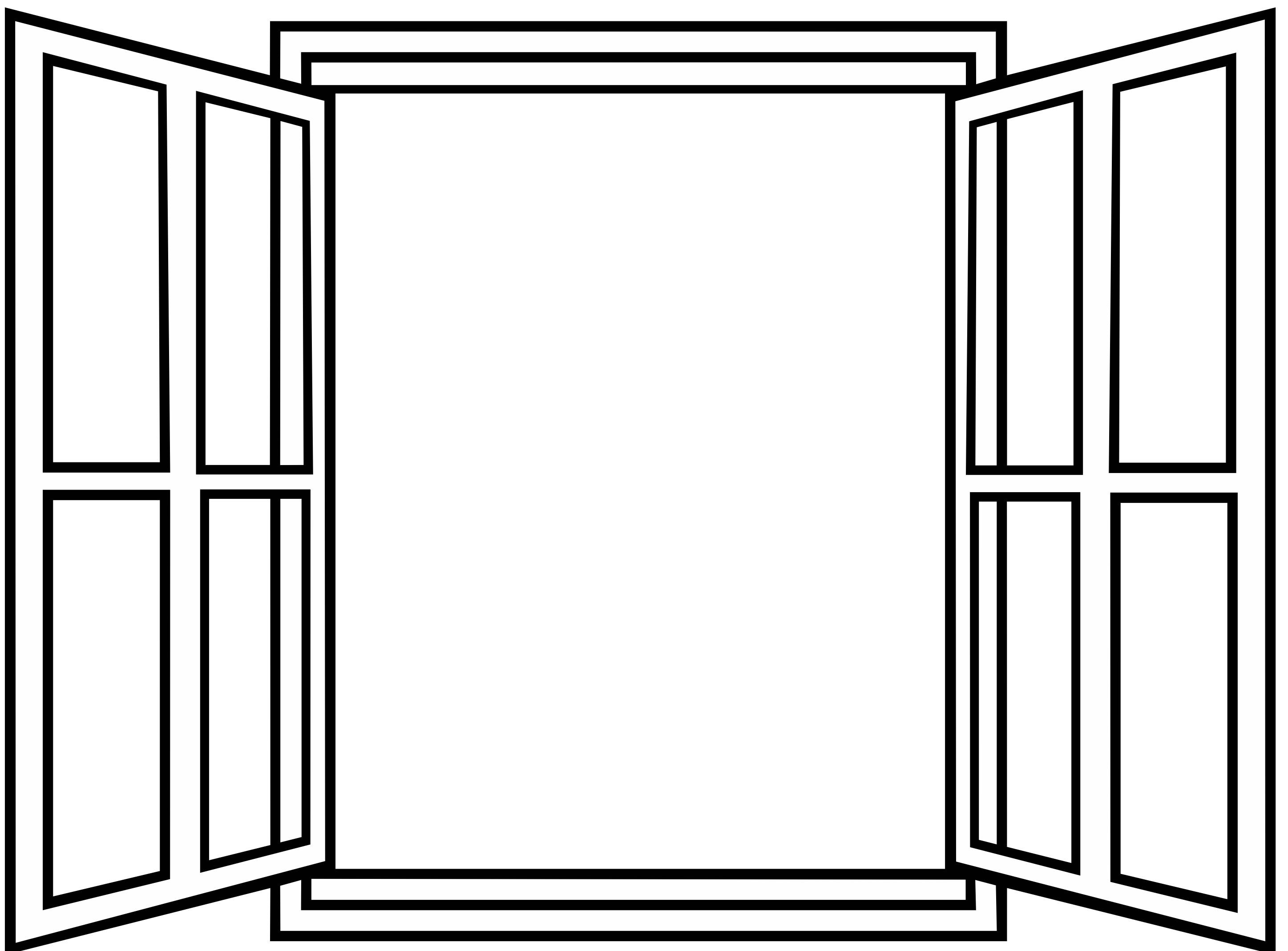
A shadow that protects something fragile.



7 Windows of the self

4. *Window of Wonder*

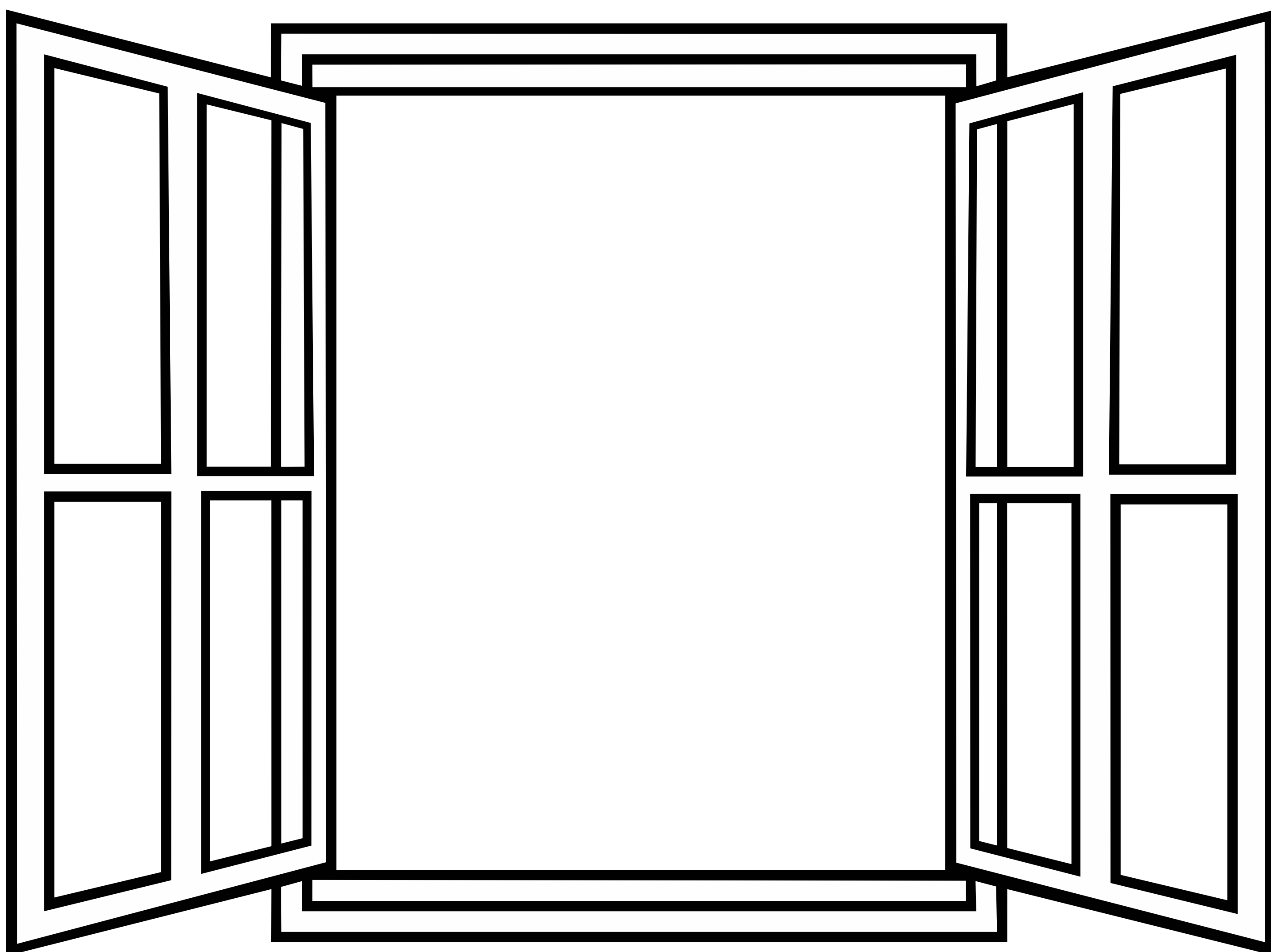
What surprises you about yourself lately?



7 Windows of the self

5. *Window of Anger*

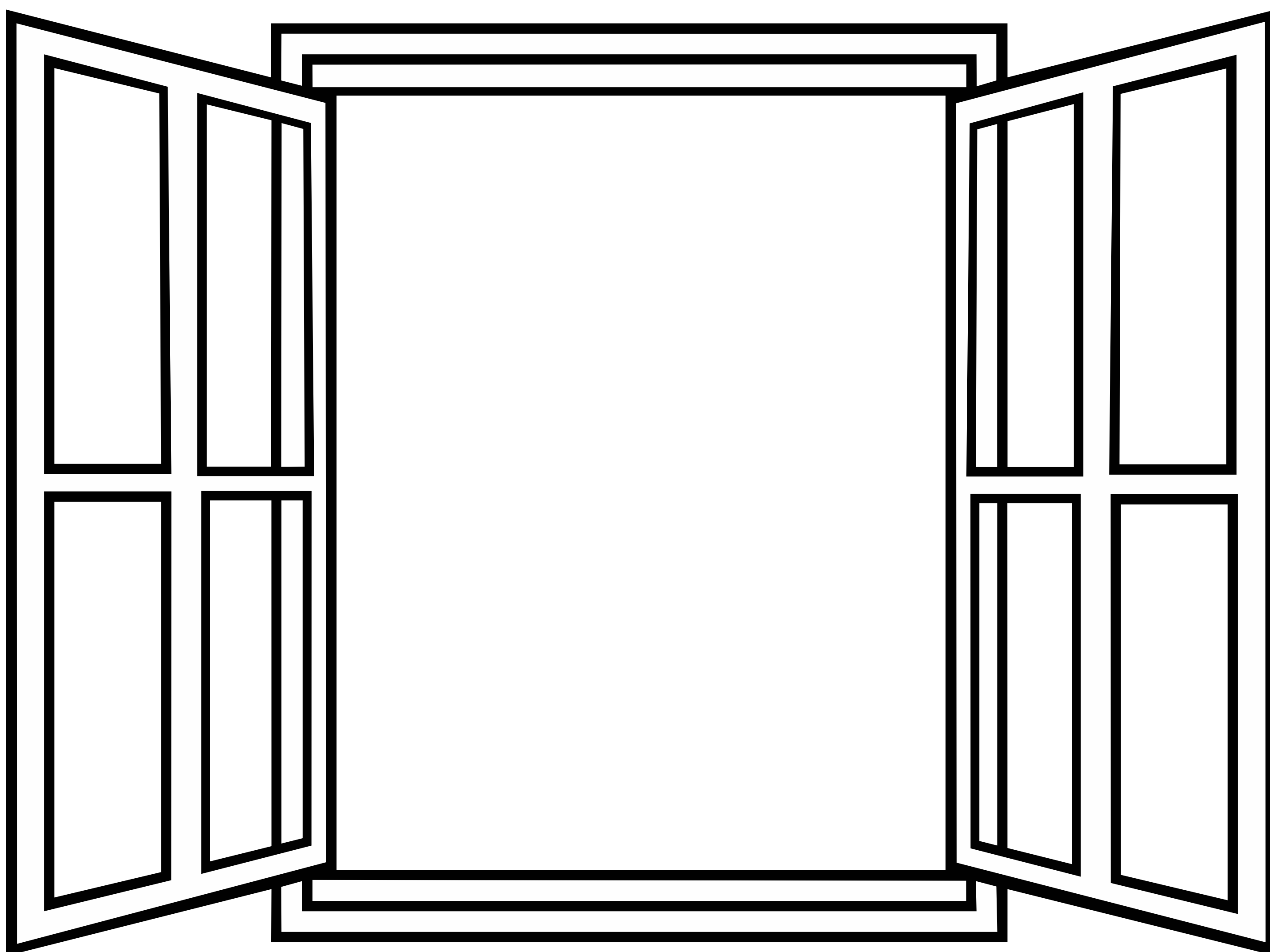
A voice of something that wants to come out.



7 Windows of the self

6. *Window of Connection*

Who helps you see yourself more clearly?



7 Windows of the self

7. *Window of Becoming*

A version of yourself you are ready to grow into.

